

IMPORTANT INFO

- Registration forms should be mailed in or dropped off at the front desk.
- Payment is required when at the time of registration.
- Make checks payable to **Emily Spaulding**
- You may choose the number of lessons your child receives.
- You will be contacted with potential dates and times via email.
- Lessons will be scheduled as soon as possible once your sign-up sheet is received.

Please Note

If the scheduled group lesson only consists of 2 children or only 2 of the children show up, the 45-minute group lesson will be cut down to 35-minutes.

PRICING

Group Lesson Pricing

Pool Members: \$9.00/lesson or \$80 for 10 lessons

Non-Members: \$11.00/lesson or \$100 for 10 lessons

Private Lesson Pricing

Pool Members: \$15.00/lesson or \$140 for 10 lessons

Non-Members: \$19.00/lesson or \$180 for 10 lessons

LESSON TIMES

Morning Lessons

Monday - Friday

9:00-9:45 AM

10:00-10:45 AM

Afternoon Lessons

Mon. Wed. Thurs.

3:00-3:45 PM

4:00-4:45 PM

5:00-5:45 PM

Tues. & Fri.

3:00-3:45 PM

4:00-4:45 PM

5:00-5:45 PM

6:00-6:45 PM

7:00-7:45 PM

Swim Lessons

Taught by GVP Lifeguards

June 11th - August 17th



Questions? Email us at gvpwimminglessons@yahoo.com

or call Green Valley Pool at

717-764-2037

Registration forms can be printed offline at greenvalleyswimmingpool.com under the Swim Lesson tab.

LESSON CATERGORIES

Private Lessons:

Private lessons consist of one on one instruction. They are 25 minutes long. Available for Little Guppies, Beginner Lessons A, B, and C, along with Technique classes.

Group Lessons:

Group lessons are held in groups of 5 or less students. Group lessons have many positive aspects including social interaction among peers and healthy competition. Our small group set up promotes an interactive learning environment where students not only learn from the instructor but from their peers as well. These lessons are 45 minutes long. Available for Beginner Lessons A, B, and C, along with Technique classes.



Beginner Lessons A/B/C

Beginner Lessons focus on survival skills and getting your child comfortable in the water. Classes will cover an introduction to freestyle, backstroke, floating, and swimming underwater. The main objective of beginner lessons is to make the child more at ease in the water and to give them confidence in swimming without flotation devices. Our classes are grouped by age. A Group is 3-4 years old, B Group is 5-6 years old, C Group is 7 and up.

*Available in Private or Group lessons

Technique Lessons

Technique lessons are the next step up from Beginner Lessons. Students will focus on the techniques involved with each

swim stroke. This includes a more in-depth instruction in freestyle and backstroke. Students will also be introduced to the breaststroke and butterfly. Other goals include diving, swimming in deep water, building endurance, and flip turns.

*Available in Private or Group lessons

Little Guppies

Our Little Guppies class is a new option in our 2018 swim program. These lessons are one on one with the instructor to ensure safety and comfort for your child. The main objective of the Little Guppies class is to make your child comfortable with the water, going under water, and introduce basic skills. The minimum age for these lessons is 18 - 2 years old.

*Available in Private lessons only



The Green Valley
Lifeguards look
forward to working
with you and your
children this summer!